

### HIGHLIGHTS:

#### FEATURED FUNDRAISER:



#### Pulled-Pork-Pull-Up Fundraiser

When: August 14th 11AM—1PM

Where: Northern Wake Senior Center Parking Lot

Drive through and Pick up Pre-Ordered Meal including pulled pork, baked beans, roll, and dessert. Prepared, and provided by **Cadence Living of Wake Forest**. All proceeds go to the Senior Center.



Cost: \$10.00 per meal. Preorder and prepay.

Cash only. Only 100 meals available. Call the Senior Center 919-554-4111 to prepay and signup.

#### FEATURED PROGRAM:

Name That Tune: Sponsored by 

Every other Tuesday from 1:30—3:00pm

Beginning August 18th

Join Cynthia Halstead, Aetna Community Lead Generator, for some Music, Fun and Prizes.

The first event will be music genre from the 60s. Call 919-554-4111 to register and receive the zoom link. You won't want to miss this one!



**Jennie Griggs**  
Program Director

*I would like to share my life-changing experience with Wake Audiology this week. I decided to take advantage of the hearing test and ear wax specials offered to our membership. The good news is that I had no ear wax to remove, but the bad news was that I have a significant loss of hearing in my left ear. All of my life, I have felt that I had issues in that ear. I have found myself favoring my right ear all of my life. I am sure that I have been annoying to everyone because I speak so loud and always have. Now it makes sense. I really couldn't hear very well.*

*It is with a grateful heart and humility that I tell you how joyful I was to hear the crisp sound of water dripping in the sink and the clarity of everyone's words. I can't wait to walk again in the park and hear all of those sounds I have missed for 67 years. You see, before I left Wake Audiology, I was fitted and wore my first hearing aid home.*

## VIRTUAL SERVICES

### Free online hearing test: Heritage Audiology:

<https://link.edgepilot.com/s/21a95f44/BeyC-WVlzUG9-iEdDny-FQ?u=https://hearing-screener.beyondhearing.org/HeritageAudiology/oeYeDv/welcome> . Don't forget their summer ear wax cleaning

special . Did you know. "Earwax is essential. However, it can be burdensome when we have too much of it. When we have too much earwax, we can experience mild hearing loss, as the wax blocks sound and noise as it enters the ear. Blockage caused by too much earwax can cause earaches and the sensation that the ear is full or plugged up. Excessive earwax can also be determined by partial hearing loss, noises within the ear and itchiness. Furthermore, when there is too much ear wax, it can trap bacteria in the ear canal and cause infection." (Arash, 2018)

## VIRTUAL FITNESS CLASSES:

**NOTE: Laura's Aerobics Class for Wednesday September 2nd has been cancelled.**

**NEW: Yoga: Laura Wilson's weekly Yoga class is back ! (North & East Wake)** We will start virtually. The class will be on MWF at 8:30 am beginning the week of August 10th. Please note that on that week we will only hold class on Monday the 10th and Wednesday the 12th. **Call into the senior center for a waiver that must be signed prior to participating. After receipt of the waiver we will provide you the link. Class size in limited.**

**NEW: BUT CHANGED TIME MARTY's SEATED Yoga Class is back Virtually!** Class will begin Monday August 17th at 3:30pm. The class will be a 45 minute seated yoga class. Call into the senior center for a waiver that must be signed prior to participating. After receipt of the waiver we will provide you the link. Class size in limited.

**Line Dance is back with Ronnie: (North & East Wake)** Every Thursday at 11am Space still available. **Call Northern Wake Senior Center 919-554-4111 for signup, waiver and link to virtual program.**

**Beginners KNOCK-OUT with Linda: (North & East Wake)** This class is easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. This class is modified for our active adult community. (especially you guys!) **Call Northern Wake Senior Center 919-554-4111 for signup, waiver and link to virtual program.**

# Summer Special

QUICK • EASY • PAINLESS

Ear Wax Removal

**\$40**

Call to Schedule



Susan Bergquist  
Audiologist & Owner

Schedule an Appointment  
(855) 252-1818

Heritage Audiology

3150 Rogers Rd, Suite 105  
Wake Forest, NC

[www.HeritageAudiology.com](http://www.HeritageAudiology.com)

Donating half of proceeds for ear wax procedure through August 31 to the senior center! Tell them we sent you.



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919-554-4111  
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Eastern Wake Senior Center  
919-365-4248  
[ewscordinator@rfsnc.org](mailto:ewscordinator@rfsnc.org)



## VIRTUAL PROGRAM OPPORTUNITIES CONT:

### **Seasonal Summer Meals:** Wednesday, August 19th at 5PM

We will talk about what fresh fruits and vegetables are tastiest in August, strategies for using and storing produce, plus a few favorite summer recipes that are simple, healthy, and budget-friendly to try at home. Kids are welcome to participate!

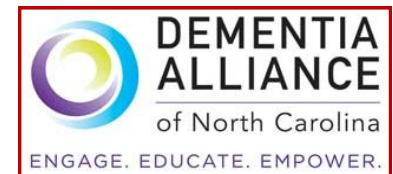
**Click here to register** or find the link on Inter-Faith Food Shuttle's Facebook Page.

Participants will receive a \$10 Food Lion gift card by mail! Online registration required.

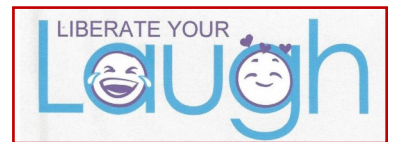
Email [Catherine@foodshuttle.org](mailto:Catherine@foodshuttle.org) or call 919-390-1978 with questions or for assistance registering. Incentives given to first 100 participants, one per household.



**Alzheimer's and other Dementias Caregivers support group:- August 20 at 10-11:30am:** Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC. For more info email [dharris@dementianc.org](mailto:dharris@dementianc.org).



**Liberate your Laugh:** Wednesday, August 26th 11 am.. Program filled with laughter including a series of simple structured laughter and breathing exercises that bring more oxygen into the body. To register visit: [www.DementiaNC.org/Laugh](http://www.DementiaNC.org/Laugh).



**Parkinson's Support Group Meeting**—New and Current Therapies for Parkinson's Disease. Time: Sep 2, 2020 .1:00 PM Eastern Time (US and Canada) Join Zoom Meeting . Meeting ID: 892 1341 7980 Passcode: 553745

[https://us02web.zoom.us/j/89213417980?](https://us02web.zoom.us/j/89213417980?pwd=dkQ0NmxDVnROOW9uTmJXa2wwcnNVdz09)  
[pwd=dkQ0NmxDVnROOW9uTmJXa2wwcnNVdz09](https://us02web.zoom.us/j/89213417980?pwd=dkQ0NmxDVnROOW9uTmJXa2wwcnNVdz09)



**Normal vs. Not Normal Aging”:** September 23 at 11am . This is a 45 minute seminar and then Q & A. You don't want to miss this educational webinar involving Melanie Bunn from Teepa Snow's Positive Approach Team and the Dementia Alliance of NC. This is sponsored by Aware Senior Care and our own Resources for seniors. To register go to: <https://us02web.zoom.us/meeting/register/tZlvc--vpjwpGdxGOQ2II7KQH1wXjN9GzkZ>





## VIRTUAL PROGRAM OPPORTUNITIES CONT:



In communities across the country, COVID has driven an increase in concern over community safety and individual security. Author Rachel Snyder will share more on this important topic, as she has continued to research and write during COVID-19: <https://tfsnc.org/event/wake-upwithtfs/>



**Wake Tech Classes: Spanish Conversation classes for age 50+ :** Seniors taking the class receive a 50% discount for this 9 week program! It will be held live on MS Teams from 8/26-10/21 from 4 -6pm. Seating is limited to 12 students and it is open to the public. To sign up go to. <https://link.edgepilot.com/s/df4db6d9/INeP6o9sx0CijekPgPgctg?u=https://www.waketech.edu/programs-courses/non-credit/about-wce/registration/catalog?course=CSP-4000BX2> . If you need assistance with MS teams call the senior center and ask for a Zoomer to assist.



### National Fall Prevention Awareness Week:

**Dates: September 21-25th**

*"Every 11 seconds an older adult is injured by a fall. Every 19 minutes an older adult dies from a fall. Falls are the number one cause of injury and death from injury among older adults." (NCOA, Address a significant..., 2020).*



During this week there will be a variety of programs and activities. The week will start on Monday 9 /21 The first event will take place from 11am—12pm with an Introduction to Tai Chi for Arthritis and Fall Prevention on Zoom. To register and participate in this free event go to <https://healthyagingnc.com/registration-form/> .



Resources for seniors will be providing a variety of virtual programs, classes and exercises everyday that week from 1pm—3pm so mark your calendars. We will offer Evidence-Based Program Introductions to GERI-FIT, Walk with Ease, and A Matter of Balance. Equally as exciting will be sessions with PT/OTs, a Senior Real Estate Specialist, interior designer and much more. Stay Tuned.



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## DID YOU KNOW :

**FREE Credit Reports** from the three National Credit Reporting Companies starting now through April 2021

Due to the COVID-19 pandemic, the three national credit reporting companies are offering [free weekly online credit reports](#) through April 2021. Use the [Requesting your free credit reports](#) tool from our [Your Money, Your Goals](#) financial empowerment toolkit to get a copy of your credit reports. Then use the [Reviewing your credit reports](#) tool to make sure your credit information is correct.



**Heating and Cooling:** There is help paying your heating and cooling bills: NC Heating and Cooling Intervention Hotline and Assistance Program <https://www.ncdhhs.gov/news/press-releases/crisis-intervention-program-has-439-million-assist-heating-and-cooling>

**Box Fans:** There are free fans for those who qualify. Recipients need to be 60 or older and there is a limit of one fan every other year. Call Resources for Seniors Intake at 919-713-1556 to make the request and there is a quick request form to sign when you pick up the fan.



**There is legal aid assistance:** Call Legal Aid of NC for assistance with Elder law documents. Harry Langley at 919-865-3830 and reference the Northern or Eastern Wake Senior Centers.



**AVOID THE KNOCK:** By completing your Census online or by phone. [www.my2020census.gov](http://www.my2020census.gov) or 844-330-2020. Door-to-door Census starts Tuesday, August 11th in Wake County.



Ways to identify a Census Taker:

- Time of Day: Census takers will visit between 9AM – 9PM Local Time
- Vehicle Identification: An “Official Business” notice will be placed on the vehicle.
- Wear a Mask: Census takers are required to wear a mask and maintain 6ft social distancing
- ID Badge: Ask for official Census Bureau Identification

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## WE NEED YOU:

**Virtual Store:** Are you a crafter, potter, or seamstress,? Do you have a special item that you make and would be willing to donate to our virtual store to raise money for the centers? These items may be ones that you would normally make for our Craft Sales. Due to COVID19 we want to offer them on our Facebook store in case we are unable to hold the craft fair. Please call the center if interested.

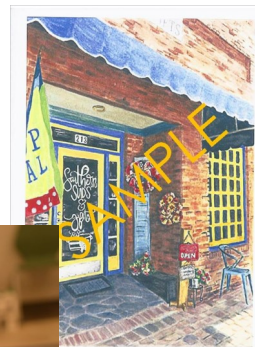
Just a few of the items available for sale.

## JUST A REMINDER:

**Follow us daily on Facebook:** New posts and live-streams Monday-Friday: [www.facebook.com/NWSCenter](http://www.facebook.com/NWSCenter).

**Watch Northern and Eastern Wake's** new YouTube sessions: [www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw](http://www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw)

**New on our Tube Channel:** Part !! Power of Attorney presentation by Annette Rhodes, Rhodes Law Firm, PLLC.: and the 3rd Bible Study on John presented by Jason Burgess, Senior Plan Advisors.



## EVENTS:

**Sign-up Mobile Mammography:** Limited number of spaces. Mobile Unit is going to be in Eastern Wake Senior Center on August 19th. Call them to schedule 919-365-4248



## ARE YOU INTERESTED:

**In advertising with us or sponsoring an activity? Call either center for more information.**

**In Volunteering to Lead and participate in the Friends of Northern Wake Senior Center 501C3 promoting volunteerism and fundraising for the center.**

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## NEXT WEEK AT A GLANCE:

Monday Aug 10	Tuesday Aug 11	Wednesday Aug 12	Thursday Aug 13	Friday Aug 14
8:00 Walk With Ease (NW)- Joyner Park)		8:00 Walk With Ease (NW)- Joyner Park)		8:00 Walk With Ease (NW)- Joyner Park)
8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:30 Yoga with Laura	8:30 Tai Chi	8:30 Yoga with Laura
9:00 Walk With Ease EW (Virtual)	9:00 Beginners Knock-out	9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	9:00 Walk with Ease (EW )Virtual
	9:30 Water Color			10:00—11:30 U.S. Constitution
10:00 Aerobics	10:30 Acting your Age	10:00 Aerobics		10:00 Aerobics
11:00 Drawing Class		11:00 Daily Doss of Joy	11:00 Line Dancing with Ronnie (Virtual)	11:00- 1:00 Pulled Pork Drive Through Fundraiser
11:30 Zumba Gold		11:30 Zumba Gold		11:30 Zumba Gold
	1:00—3:00 Acrylics		1:00 Need to Know	
			1:00 Bereavement Support Group	
	2:30—4:00 Powerful Tools for Caregivers		3:15 What's for Dinner?	
3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream

**Newsletter Edited by Vicki Conway, Volunteer**

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